

Radyr & Morganstown Trail Races 2022. Course: Half - mass start Splits

Position	No.	First Name	Surname	Gender	Age Cat.	Start	Check Point 1	Checkpoint 3	Finish
1	103	George	Collinson	M	Open	0:00:00 (0:00:00)	0:43:40 (0:43:40)	1:28:55 (0:45:15)	1:51:38 (0:22:43)
2	111	Mark	Palser	M	Open	0:00:00 (0:00:00)	0:43:08 (0:43:08)	1:29:01 (0:45:53)	1:53:15 (0:24:14)
3	26	James	O'shea	M	V45	0:00:00 (0:00:00)	0:44:42 (0:44:42)	1:31:33 (0:46:51)	1:55:07 (0:23:34)
4	32	Chris	Medcalf	M	V45	0:00:00 (0:00:00)	0:45:14 (0:45:14)	1:31:30 (0:46:16)	1:55:42 (0:24:12)
5	102	Mark	Palmer	M	V45	0:00:00 (0:00:00)	0:45:36 (0:45:36)	1:33:07 (0:47:31)	1:57:34 (0:24:27)
6	101	Katie	Beecher	F	Open	0:00:00 (0:00:00)	0:46:29 (0:46:29)	1:36:39 (0:50:10)	2:01:38 (0:24:59)
7	82	Elliot	Saunders	M	Open	0:00:00 (0:00:00)	0:46:57 (0:46:57)	1:36:12 (0:49:15)	2:02:52 (0:26:40)
8	74	Sean	Dodington	M	Open	0:00:00 (0:00:00)	0:46:36 (0:46:36)	1:37:06 (0:50:30)	2:04:27 (0:27:21)
9	122	George	Tordoff	M	V45	0:00:00 (0:00:00)	0:47:33 (0:47:33)	1:38:02 (0:50:29)	2:05:01 (0:26:59)
10	7	Jonathan	North	M	Open	0:00:00 (0:00:00)	0:47:06 (0:47:06)	1:37:58 (0:50:52)	2:05:57 (0:27:59)
11	52	Jon	Holland	M	Open	0:00:00 (0:00:00)	0:53:24 (0:53:24)	1:44:51 (0:51:27)	2:11:18 (0:26:27)
12	54	James	Farrant	M	Open	0:00:00 (0:00:00)	0:53:03 (0:53:03)	1:44:54 (0:51:51)	2:11:42 (0:26:48)
13	9	Will	Redmond	M	Open	0:00:00 (0:00:00)	0:54:59 (0:54:59)	1:46:11 (0:51:12)	2:11:59 (0:25:48)
14	35	Flo	Carr Smith	F	Open	0:00:00 (0:00:00)	0:51:38 (0:51:38)	1:45:44 (0:54:06)	2:12:16 (0:26:32)
15	105	Gareth	Hardman	M	V45	0:00:00 (0:00:00)	0:52:49 (0:52:49)	1:45:05 (0:52:16)	2:12:33 (0:27:28)
16	121	Ceri	Merwood	F	Open	0:00:00 (0:00:00)	0:51:17 (0:51:17)	1:46:00 (0:54:43)	2:12:54 (0:26:54)
17	79	Adrian	Orringe	M	V45	0:00:00 (0:00:00)	0:51:26 (0:51:26)	1:45:57 (0:54:31)	2:13:29 (0:27:32)
18	46	Huw	Bowen	M	Open	0:00:00 (0:00:00)	0:53:57 (0:53:57)	1:45:41 (0:51:44)	2:13:35 (0:27:54)
19	4	Ben	Adams	M	V45	0:00:00 (0:00:00)	0:56:18 (0:56:18)	1:48:27 (0:52:09)	2:15:07 (0:26:40)
20	75	Alan	Matthews	M	V45	0:00:00 (0:00:00)	0:53:46 (0:53:46)	1:48:08 (0:54:22)	2:18:43 (0:30:35)
21	53	Rhos	Davies	M	Open	0:00:00 (0:00:00)	0:56:02 (0:56:02)	1:51:22 (0:55:20)	2:18:49 (0:27:27)
22	64	Tomos	Crosse	M	Open	0:00:00 (0:00:00)	0:53:44 (0:53:44)	1:49:23 (0:55:39)	2:19:26 (0:30:03)
23	49	Andrew	Pearson	M	V45	0:00:00 (0:00:00)	0:53:01 (0:53:01)	1:47:24 (0:54:23)	2:19:31 (0:32:07)
24	134	James	Hutchinson	M	Open	0:00:00 (0:00:00)	0:54:26 (0:54:26)	1:47:20 (0:52:54)	2:19:35 (0:32:15)
25	117	Richard	Christie	M	Open	0:00:00 (0:00:00)	0:51:56 (0:51:56)	1:48:32 (0:56:36)	2:20:37 (0:32:05)
26	109	Luke	Hamilton	M	Open	0:00:00 (0:00:00)	0:51:08 (0:51:08)	1:50:36 (0:59:28)	2:20:45 (0:30:09)
27	66	Kevin	Bounds	M	V45	0:00:00 (0:00:00)	0:53:10 (0:53:10)	1:51:34 (0:58:24)	2:21:06 (0:29:32)
28	37	Liz	May	F	Open	0:00:00 (0:00:00)	0:53:17 (0:53:17)	1:51:07 (0:57:50)	2:21:18 (0:30:11)
29	96	Andrew	Lang	M	Open	0:00:00 (0:00:00)	0:55:41 (0:55:41)	1:53:54 (0:58:13)	2:23:12 (0:29:18)

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30	118	Nathan	Swain	M	Open	0:00:00 (0:00:00)	0:53:16 (0:53:16)	1:53:46 (1:00:30)	2:23:16 (0:29:30)
31	57	Phil	Avery	M	V45	0:00:00 (0:00:00)	0:55:50 (0:55:50)	1:54:29 (0:58:39)	2:23:51 (0:29:22)
32	3	Ruth	Sutton	F	V45	0:00:00 (0:00:00)	0:56:53 (0:56:53)	1:55:22 (0:58:29)	2:24:40 (0:29:18)
33	71	Joel	Baldwin	M	Open	0:00:00 (0:00:00)	0:54:54 (0:54:54)	1:53:57 (0:59:03)	2:24:48 (0:30:51)
34	30	Henry	Lee	M	Open	0:00:00 (0:00:00)	0:57:55 (0:57:55)	1:55:42 (0:57:47)	2:24:57 (0:29:15)
35	29	Bruan	Treharne	M	Open	0:00:00 (0:00:00)	0:57:53 (0:57:53)	1:55:40 (0:57:47)	2:25:02 (0:29:22)
36	43	Tomasz	Figurski	M	Open	0:00:00 (0:00:00)	0:56:06 (0:56:06)	1:57:21 (1:01:15)	2:26:06 (0:28:45)
37	55	Sarah	Jeremiah	F	V45	0:00:00 (0:00:00)	0:59:32 (0:59:32)	2:00:22 (1:00:50)	2:29:04 (0:28:42)
38	21	Alex	Evans	F	V45	0:00:00 (0:00:00)	0:59:30 (0:59:30)	2:00:25 (1:00:55)	2:29:06 (0:28:41)
39	139	Jack	Caunt	M	Open	0:00:00 (0:00:00)	0:50:12 (0:50:12)	1:51:09 (1:00:57)	2:30:04 (0:38:55)
40	72	Aron	Cowdy	M	Open	0:00:00 (0:00:00)	0:57:29 (0:57:29)	1:58:20 (1:00:51)	2:31:58 (0:33:38)
41	100	Tom	Pinkham	M	Open	0:00:00 (0:00:00)	0:47:22 (0:47:22)	2:03:59 (1:16:37)	2:32:45 (0:28:46)
42	76	William	Parkinson	M	Open	0:00:00 (0:00:00)	0:58:25 (0:58:25)	1:59:02 (1:00:37)	2:33:11 (0:34:09)
43	106	Gina	Hardman	F	V45	0:00:00 (0:00:00)	0:58:54 (0:58:54)	2:00:31 (1:01:37)	2:33:49 (0:33:18)
44	89	Joseph	Cooper	M	Open	0:00:00 (0:00:00)	0:53:33 (0:53:33)	1:54:47 (1:01:14)	2:34:40 (0:39:53)
45	108	Samuel	Briggs	M	Open	0:00:00 (0:00:00)	0:58:22 (0:58:22)	1:58:36 (1:00:14)	2:34:45 (0:36:09)
46	97	Louise	Hunt	F	Open	0:00:00 (0:00:00)	1:01:27 (1:01:27)	2:04:26 (1:02:59)	2:34:51 (0:30:25)
47	84	Helen	Duffield	F	V45	0:00:00 (0:00:00)	1:00:25 (1:00:25)	2:04:32 (1:04:07)	2:35:15 (0:30:43)
48	116	Andy	Jenkins	M	V45	0:00:00 (0:00:00)	0:57:50 (0:57:50)	2:00:53 (1:03:03)	2:35:58 (0:35:05)
49	65	Martyn	Owen	M	V45	0:00:00 (0:00:00)	0:57:52 (0:57:52)	2:02:15 (1:04:23)	2:36:23 (0:34:08)
50	107	Andrea	Lowman	F	V45	0:00:00 (0:00:00)	1:01:10 (1:01:10)	2:07:04 (1:05:54)	2:38:30 (0:31:26)
51	39	Rebecca	Emmerson	F	Open	0:00:00 (0:00:00)	1:01:14 (1:01:14)	2:07:01 (1:05:47)	2:38:33 (0:31:32)
52	63	Ellie	Greenwood	F	Open	0:00:00 (0:00:00)	1:00:08 (1:00:08)	2:04:57 (1:04:49)	2:38:59 (0:34:02)
53	110	Dylan	James	M	Open	0:00:00 (0:00:00)	1:01:36 (1:01:36)	2:07:12 (1:05:36)	2:40:19 (0:33:07)
54	1	Katrina	Edmonds-Daniel	F	Open	0:00:00 (0:00:00)	1:01:06 (1:01:06)	2:05:21 (1:04:15)	2:40:30 (0:35:09)
55	115	Keryn	Treharne	M	V45	0:00:00 (0:00:00)	0:58:30 (0:58:30)	2:02:02 (1:03:32)	2:40:46 (0:38:44)
56	28	Rachel	Garside	F	V45	0:00:00 (0:00:00)	1:05:15 (1:05:15)	2:08:44 (1:03:29)	2:42:10 (0:33:26)
57	8	Jon	Morgan	M	V45	0:00:00 (0:00:00)	1:03:29 (1:03:29)	2:08:40 (1:05:11)	2:42:35 (0:33:55)
58	95	Rachel	Hadley	F	Open	0:00:00 (0:00:00)	1:00:41 (1:00:41)	2:10:43 (1:10:02)	2:43:34 (0:32:51)
59	69	James	Armstrong	M	Open	0:00:00 (0:00:00)	1:02:53 (1:02:53)	2:11:07 (1:08:14)	2:46:47 (0:35:40)
60	10	Fiona	Redmond	F	Open	0:00:00 (0:00:00)	1:05:11 (1:05:11)	2:13:32 (1:08:21)	2:47:23 (0:33:51)

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61	24	Michael	Launder	M	Open	0:00:00 (0:00:00)	1:06:15 (1:06:15)	2:14:27 (1:08:12)	2:47:41 (0:33:14)
62	14	Martin Allen	Williams	M	V45	0:00:00 (0:00:00)	1:06:41 (1:06:41)	2:15:12 (1:08:31)	2:48:16 (0:33:04)
63	25	Joe	Cook	M	Open	0:00:00 (0:00:00)	1:05:46 (1:05:46)	2:14:29 (1:08:43)	2:48:51 (0:34:22)
64	13	Eve	Gallop-Evans	F	V45	0:00:00 (0:00:00)	1:07:49 (1:07:49)	2:18:11 (1:10:22)	2:52:36 (0:34:25)
65	68	Phill	Morgan	M	V45	0:00:00 (0:00:00)	1:06:59 (1:06:59)	2:17:01 (1:10:02)	2:52:51 (0:35:50)
66	83	Anna	Helsing	F	V45	0:00:00 (0:00:00)	1:07:00 (1:07:00)	2:18:03 (1:11:03)	2:54:27 (0:36:24)
67	98	Caroline	Nightingale	F	V45	0:00:00 (0:00:00)	1:08:15 (1:08:15)	2:18:23 (1:10:08)	2:55:12 (0:36:49)
68	48	Tom	Kingsbury	M	Open	0:00:00 (0:00:00)	1:07:08 (1:07:08)	2:21:32 (1:14:24)	2:58:18 (0:36:46)
69	81	Christine	Farr	F	V45	0:00:00 (0:00:00)	1:06:31 (1:06:31)	2:19:37 (1:13:06)	2:59:47 (0:40:10)
70	77	Niall	Hughes	M	V45	0:00:00 (0:00:00)	1:08:41 (1:08:41)	2:23:17 (1:14:36)	3:01:16 (0:37:59)
71	67	Jason	Barnett	M	V45	0:00:00 (0:00:00)	1:13:55 (1:13:55)	2:30:30 (1:16:35)	3:08:12 (0:37:42)
72	73	Joanna	Otteson	F	V45	0:00:00 (0:00:00)	1:12:53 (1:12:53)	2:28:55 (1:16:02)	3:09:09 (0:40:14)
73	119	Christopher	Woods	M	Open	0:00:00 (0:00:00)	1:08:23 (1:08:23)	2:25:42 (1:17:19)	3:10:23 (0:44:41)
74	62	Mark	Kingsbury	M	V45	0:00:00 (0:00:00)	1:15:33 (1:15:33)	2:30:02 (1:14:29)	3:10:36 (0:40:34)
75	36	Cath	James	F	V45	0:00:00 (0:00:00)	1:18:11 (1:18:11)	2:38:06 (1:19:55)	3:17:36 (0:39:30)
76	23	Russ	Pearce	M	V45	0:00:00 (0:00:00)	1:18:14 (1:18:14)	2:38:08 (1:19:54)	3:17:38 (0:39:30)
77	18	Susie	Gurner	F	Open	0:00:00 (0:00:00)	1:18:01 (1:18:01)	2:39:08 (1:21:07)	3:18:36 (0:39:28)
78	112	Cameron	Lacey-Coles	M	Open	0:00:00 (0:00:00)	1:17:56 (1:17:56)	2:39:04 (1:21:08)	3:18:40 (0:39:36)
79	113	Anthony	Williams	M	V45	0:00:00 (0:00:00)	1:18:04 (1:18:04)	2:38:55 (1:20:51)	3:18:42 (0:39:47)
80	15	Lucy	Roblin	F	V45	0:00:00 (0:00:00)	1:15:11 (1:15:11)	2:39:40 (1:24:29)	3:19:35 (0:39:55)
81	33	Kate	Jenkins	F	Open	0:00:00 (0:00:00)	1:18:28 (1:18:28)	2:40:33 (1:22:05)	3:21:37 (0:41:04)
82	38	Jodie	Olson	F	Open	0:00:00 (0:00:00)	1:18:39 (1:18:39)	2:40:32 (1:21:53)	3:21:39 (0:41:07)
83	60	Anna	Auchterlonie	F	Open	0:00:00 (0:00:00)	1:15:38 (1:15:38)	2:40:13 (1:24:35)	3:22:00 (0:41:47)
84	11	Sam	Redmond	M	Open	0:00:00 (0:00:00)	1:13:40 (1:13:40)	2:37:42 (1:24:02)	3:22:02 (0:44:20)
85	123	Sara	Moran	F	V45	0:00:00 (0:00:00)	1:18:18 (1:18:18)	2:39:59 (1:21:41)	3:22:05 (0:42:06)
86	42	Jennifer	Udall	F	Open	0:00:00 (0:00:00)	1:15:02 (1:15:02)	2:39:45 (1:24:43)	3:25:11 (0:45:26)
87	90	Julie	Elworthy	F	V45	0:00:00 (0:00:00)	1:18:49 (1:18:49)	2:40:10 (1:21:21)	3:25:15 (0:45:05)
88	61	Myfanwy	Moran	F	Open	0:00:00 (0:00:00)	1:18:53 (1:18:53)	2:40:14 (1:21:21)	3:25:18 (0:45:04)
89	6	Bethan	Long	F	Open	0:00:00 (0:00:00)	1:18:44 (1:18:44)	2:40:43 (1:21:59)	3:25:21 (0:44:38)
90	58	Rebecca	Maher	F	Open	0:00:00 (0:00:00)	1:19:18 (1:19:18)	2:40:41 (1:21:23)	3:25:28 (0:44:47)
91	44	Catherine	Phillips	F	V45	0:00:00 (0:00:00)	1:18:22 (1:18:22)	2:46:55 (1:28:33)	3:25:57 (0:39:02)

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92	47	Natalie	Evans	F	V45	0:00:00 (0:00:00)	1:19:01 (1:19:01)	2:46:57 (1:27:56)	3:26:03 (0:39:06)
93	45	Joanne	Jackson	F	V45	0:00:00 (0:00:00)	1:18:57 (1:18:57)	2:47:15 (1:28:18)	3:26:56 (0:39:41)
94	88	Margaret	Manton-Edwards	F	Open	0:00:00 (0:00:00)	1:16:12 (1:16:12)	2:40:27 (1:24:15)	3:28:06 (0:47:39)
95	56	Kim	Morgan	F	V45	0:00:00 (0:00:00)	1:19:05 (1:19:05)	2:40:38 (1:21:33)	3:30:33 (0:49:55)
96	59	Alice	Gaudet	F	Open	0:00:00 (0:00:00)	1:18:32 (1:18:32)	2:40:35 (1:22:03)	3:30:35 (0:50:00)
97	86	Hannah	Miles	F	Open	0:00:00 (0:00:00)	1:19:46 (1:19:46)	2:56:10 (1:36:24)	3:35:44 (0:39:34)
98	87	Catrin	Evans	F	V45	0:00:00 (0:00:00)	1:19:39 (1:19:39)	2:56:15 (1:36:36)	3:35:48 (0:39:33)
99	93	Deborah	O'Sullivan	F	Open	0:00:00 (0:00:00)	1:19:59 (1:19:59)	2:56:17 (1:36:18)	3:36:08 (0:39:51)
100	85	Hannah	Hopes	F	Open	0:00:00 (0:00:00)	1:19:43 (1:19:43)	2:56:12 (1:36:29)	3:36:10 (0:39:58)
101	114	Michelle	Davis	F	V45	0:00:00 (0:00:00)	1:17:39 (1:17:39)	2:45:32 (1:27:53)	3:37:37 (0:52:05)
102	99	Suzanne	Thomad	F	V45	0:00:00 (0:00:00)	1:18:25 (1:18:25)	2:45:39 (1:27:14)	3:37:40 (0:52:01)
103	5	John	Payne	M	V45	0:00:00 (0:00:00)	1:20:01 (1:20:01)	3:02:08 (1:42:07)	4:00:57 (0:58:49)
104	104	Carwyn	Evans	M	V45	0:00:00 (0:00:00)	1:29:09 (1:29:09)	3:13:42 (1:44:33)	4:03:44 (0:50:02)
105	120	Michael	Partridge	M	Open	0:00:00 (0:00:00)	1:29:02 (1:29:02)	3:13:44 (1:44:42)	4:09:06 (0:55:22)
106	40	Fiona	Gagg	F	V45	0:00:00 (0:00:00)	1:34:10 (1:34:10)	3:24:25 (1:50:15)	4:22:20 (0:57:55)
107	91	Lisa	Clayton	F	V45	0:00:00 (0:00:00)	1:34:13 (1:34:13)	3:24:18 (1:50:05)	4:22:24 (0:58:06)
108	20	Tracey	Newman	F	V45	0:00:00 (0:00:00)	1:38:17 (1:38:17)	3:27:57 (1:49:40)	4:22:53 (0:54:56)